



Detailed evaluation

Āboliņa, Lāsma

Club: VSK Noskrien
Number: 32

Course: 29.00 km
Luis

Category:
SL3

Total time: 4:43:10

Speed: 6.14 km/h

Rank in course/Total: 194 (of 211)

Rank in course/Women: 47 (of 56)

Best time in course: 2:07:56

Rank in category: 12(of 15)

Best time in the category: 2:07:56

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total km/h	Pos Cat.	Behind Cat.	Pos Women	Behind Women
101	-	35:31	-	10	12:00	42	13:28	-	35:31	-	10	12:00	42	13:28
102	-	59:07	-	9	20:11	38	22:51	-	1:34:38	-	11	32:11	43	36:19
Sprint Start	-	32:46	-	11	9:57	42	13:20	-	2:07:24	-	11	41:40	43	49:39
Sprint Finish	-	6:19	-	13	3:13	52	3:50	-	2:13:43	-	11	43:10	43	52:34
105	-	57:28	-	13	26:54	53	31:29	-	3:11:11	-	10	1:09:45	46	1:24:03
106	-	1:10:46	-	12	47:24	41	47:24	-	4:21:57	-	12	2:28:02	47	2:28:02
Finish	-	21:13	-	15	9:05	53	10:15	29.00	4:43:10	-	12	2:35:14	47	2:35:14